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Linda McCulloch
Superintendent



HAPPY THANKSGIVING



THINK FOOD

School Nutrition Programs November 2007

DONATED FOOD EVALUATION FORM

Please take a few minutes to fill out the donated food evaluation form and return it to the Office of Public Instruction School Nutrition Programs office. The forms were sent to those who received either Pork, Cooked Seas Patties or the Mozzarella LMPS, Shred, Frz cheese on shipment 4.

SCHOOL FOODSERVICE LICENSE REQUIREMENTS

The October Think Food article regarding foodservice licensing information was incomplete.

License renewals are usually mailed in November and are due in January each year. **Schools should not apply for licenses and pay the licensing fee until the renewal notice is received.** If a school pays for a license in September, the school will

be required to repay the licensing fee in January.

Questions regarding licensing should be directed to Christine Cox, Food and Consumer Safety Section of the Department of Public Health and Human Services. Her telephone number is (406) 444-2089.

We apologize for any confusion this may have caused.



VERIFICATION REMINDER

The Verification process must be completed in Local Educational Agencies (LEAs) by November 15, 2007. The Summary of Verification form is due to the School Nutrition Programs office by December 15, 2007.

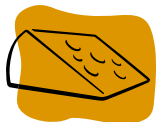
For more information contact School Nutrition Programs at (406) 444-2501.



FRESH FRUIT AND VEGETABLE PROGRAM

In order to maintain the dollar amount allocated to Montana for the Fresh Fruit and Vegetable Program, School Nutrition Programs must show that the funding is needed by the schools in our state. Schools must begin using their Fresh Fruit and Vegetable Program allocation by January. If schools have not begun to use their allocation School Nutrition Programs may reallocate the unused funds to other schools.

SCHWAN'S CHEESE REBATES



Schwan's has received the truckload of commodity mozzarella cheese to be used in making products ordered by those schools that signed up to participate in the rebate program.

Schools participating in the program should begin receiving their checks shortly. The first check will be for all items purchased since August 1, 2007. After that you should receive a rebate check each month.



FOOD SAFETY

Establishment Number: The key to locating the correct product for a hold or recall.

When there is a meat or poultry recall, how do you know if you have the recalled product on your shelf or in your refrigerator or freezer? Look for the establishment number.

The establishment number directly connects the food product to the plant at which it was produced and is a critical piece of information. Each individual USDA meat and poultry plant is granted a specific establishment number. The plant may make products under several company names and various label names, but the establishment number will always be the same. Establishment numbers are on the product labels of all fresh, frozen, or canned meat and poultry products, usually in a circular graphic, as shown in the examples below. The poultry products graphic is Establishment Number P-42; the meat products graphic is Establishment Number 38. The prefix 'EST' will precede the number in some instances.



Inspection mark on raw poultry



Inspection mark on raw meat



Inspection mark on processed products

The establishment number can be outside of the circular graphic on the exterior of the package or container in a size that makes it easy to read and recognize. For example, the establishment number could be printed on the lid of a can, or on the metal crimp on a package of fresh or frozen meat.

Knowing how to locate establishment numbers on products will prevent you from making costly mistakes by discarding food that is safe and wholesome. Why not become familiar with establishment numbers now? Take a look at meat and poultry products to locate the establishment number. If you have to identify a product in the future for a hold or recall, it will make your work much easier.

From: School Programs Commodity Update September 2007, Volume 12, Issue 2

AVOIDING COLDS AND FLU THIS SEASON

With the cold and flu season fast approaching **TOP HEALTH**, the health promotion and wellness newsletter offers these reminders to help protect yourself.

Washing your hands frequently is one of the best ways to prevent the spread of germs. Use soap and warm water and dry with a clean towel.



Avoid close contact with anyone who's sick, especially during the first few days of the illness.

Get vaccinated every year. A flu shot is your best protection against the flu. It is recommended for everyone, starting at age six months. Another



option for anyone age 5 to 49 who is healthy and not pregnant is the nasal spray vaccine. ***Best time for vaccination:*** October or November. Ask your health care provider for more details.

If you do get the flu prescription antiviral medications (when used right away) can reduce symptoms, make you less contagious and help you get well faster. Stay home when you are sick, to help speed your recovery and keep others from getting sick.

Other tips include getting enough sleep, exercising regularly and eating a balanced diet rich in fruits and vegetables to strengthen your immune system.

